folio
UNIVERSITY OF ALBERTA

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Devonian Garden wins environmental award

Folio Staff

The University of Alberta Devonian Botanic Garden has been selected as the recipient of a 2013 Emerald Award for excellence in environmental education.

"Giving children reflective and playful time in the outdoors allows them to form a greater bond with the natural world, and helps develop the environmental stewards of the future," said Emma Gilbertson, the garden's education co-ordinator. Since the garden introduced the Kids in the Garden field trip program in the 1980s, more than 90,000 schoolchildren (K-12) have taken part, engaging with the natural world in an outdoor, hands-on, curriculum-connected experience.

Deb Greiner and Emma Gilbertson accepted an Emerald Award June 6.

During a Kids in the Garden field trip, schoolchildren might catch a frog in a pond, follow animal tracks, learn about the life cycles of a butterfly, and identify and hug trees.

In the garden's Green School program, children spend a full week immersed in nature with the outdoors as a classroom.

Award recipients were Gilbertson; Deb Greiner, Green School co-ordinator; and Antonella Bell, who started the Green School program. The Emerald Awards recognize environmental initiatives undertaken by youth, educators, corporations, individuals, not-for-profit associations, community groups and governments. The Devonian Botanic Garden is a 180-acre property, located 15 minutes near the town of Devon.

Forever ours

All eyes were on Margaret-Ann Armour, decorated educator and famed science advocate, as she received an honorary doctor of science from her alma mater June 11.

Build it with the help of CFI and they will come

Michael Brown

University of Alberta researchers are the big winners in a $47.7-million federal government investment into cutting-edge research equipment, labs and tools to help Canadian post-secondary institutions attract talented researchers and build a more innovative Canadian economy.

Through its Leaders Opportunity Fund, the Canada Foundation for Innovation awarded $5.7 million to 27 U of A projects that reach across a host of faculties to support research in the areas of health, agriculture and education.

"Funding for these 27 projects through CFI's Leaders Opportunity Fund is fabulous news. This federal program is absolutely essential to ensuring that Canadian universities are globally competitive for the best researchers," said Renee Elio, associate vice-president of research.

Ava Chow

"Talented people seek environments where they can have the biggest impact within their fields."

Comparatively, the University of British Columbia received $3.2 million for 23 projects, Toronto $2.5 million for 12 projects, and Calgary $1.9 million for eight projects. McGill University landed $1.5 million for 15 projects.

For Ava Chow and her School of Dentistry colleagues Patrick Flood and Maria Febbraio, the $200,000 they received will help build infrastructure for investigating the link between chronic oral inflammation and systemic health. This includes equipment for cell culture facilities, imaging equipment and inflammatory mediator analysis infrastructure.

She explains the equipment will be used to examine how oral inflammation affects everything from the nervous system as it pertains to afflictions such as Parkinson's disease, to the vascular system and metabolism, to, in her case, the heart. "Essentially we are trying to determine the mechanism by which a localized inflammatory response can have wide-reaching effects throughout the body."

Chow says the CFI grants are crucial for her team's work because, although the majority of grants provide operational funds, many do not allow for the purchase of equipment.

"The CFI is providing a solid base on which I can establish my lab and research as a junior investigator," she said. "For Drs. Flood and Febbraio, who are established investigators but new to the U of A, the CFI provided a very attractive incentive in the recruitment of these highly sought-after investigators."

Chow says the School of Dentistry in particular is an incredibly supportive environment.

"There is great value placed on research, and superb administrative and technical support to ensure that 'new kids' like me have the best opportunity for success," she said. "The friendly, collaborative nature of the investigators at the U of A has also been essential in helping me navigate through the world of research and academia."

See page 3 for full list of CFI recipients

folio

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UNIVERSITY OF ALBERTA

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U of A board approves amended CIP

Michael Brown

On June 3, the Board of Governors began the process of righting the University of Alberta's financial ship while reaffirming the university as Alberta's flagship institution.

Brought before the board was the amended 2013 Comprehensive Institutional Plan, which was revised in light of sweeping cuts to Alberta's post-secondary sector announced in March by the provincial government.

On March 7, the provincial government tabled a budget that reduced the university's Campus Alberta grant by 7.2 per cent, or $43 million. The cut, along with continuing restrictions on tuition revenue, the economic reality of low interest rates, and inflationary pressures on expenditures, have resulted in substantial consolidated budget deficiencies in the current and forecast years.

Comprehensive Institutional Plan

The CIP, written in support of the university's vision and mission as outlined in Dare to Discover and its academic plan, Dare to Deliver, outlines the university's academic and research priorities, which in turn drive the university's capital and resource allocation priorities.

Written under guidelines from Enterprise and Advanced Education, the CIP incorporates the university's access plan, research plan, capital plan and budgets into one comprehensive document.

In response to these budget pressures, the university developed a three-year plan to bring the consolidated budget into a balanced position. The plan, which is included in the CIP, will require significant restructuring of the academy and administrative operations.

With the details of the university's course of action widely understood, discussion of the CIP centred largely on the appropriateness of the U of A referring to itself as "Alberta's flagship university."

Typically, a "flagship university" is one that is the oldest, largest and most research- intensive in a public university system. However, critics of the term say it can be elitist. Some board members indicated that they have heard that current members of government take issue with the term and suggested it may not be appropriate for that reason.

As the meeting progressed, the exploratory nature of early discussions into the use of flagship to describe the U of A's position in the Alberta post-secondary landscape quickly turned into incontrovertible, passionate and steadfast support for the phrase by some members of the board.

Agnes Hoveland, a public member of the board, questioned why the university's long-term vision as a flagship institution would be changed due to concern over the term by the ministry.

President Indira Samarasekera followed, "We have used the term flagship for a long time, and I think it's true. We are the first university and we're over 100 years old," she said, adding she would need formal clarification before removing the term. "I have trouble responding to an informal comment the minister may or may not have made."

Debra Pozega Osburn, vice-president of university relations, talked of the strategic importance of the flagship and what it would mean were the university to drop the term.

"The CIP is probably the right way to formally declare that designation. It is not a designation I would want to give up to any other university within the province."

Board chair Doug Goss, who attended the meeting by way of conference call, also weighed in on the matter, pointing out that everyone in the room was in agreement that the U of A is a public research institution that can teach with the best in the world.

"We are the flagship institution, and the vision of the board is consistent with that," he said. "We have a vision for this university that we unanimously agree is the right one—it's the right one for the province, it's the right one for the higher education institution that competes with the best in the world."

With that, the board approved the CIP. It will be submitted to government later this month.

Achieving fiscal sustainability

On June 3, the General Faculties Council approved a motion to recommend to the Board of Governors the budget principles that will guide decision-making throughout the 2014-15 and 2015-16 budget cycles, as the university balances the books and achieves a sustainable budget.

Before going to GFC, the budget principles were removed from the amended CIP. Following a review of the General Faculties Council Academic Planning Committee terms of reference, it was determined that these budget principles require GFC review and recommendation, and are not delegated under APC's authority. With the motion to recommend now approved, the board will receive the following principles June 21.

U of A principles for achieving a sustainable budget

The University of Alberta will preserve the strength of the institution and its vision of excellence while achieving a sustainable budget. Change will be made in accordance with the university's bicameral governance processes, which reflects the commitment to student and staff participation and the role of the board in making final decisions. All decisions will be made in a timely way and communication with university stakeholders will be frequent and open.

In achieving a sustainable budget:

- The university will honour its mission and its vision as a publicly funded comprehensive academic research-intensive university with national and international impact.
- Resource allocation will favour those academic programs with demonstrable excellence in education (undergraduate and/or graduate and professional), research or service.
- Job losses will be minimized.
- The university will remain committed to the priorities identified in Dare to Deliver while focusing on research excellence, increasing the number of international students, increasing the number and quality of graduate students, strengthening university advancement and delivering social impact through discovery, scholarship and innovation.
- The university will continue to develop new resources in support of its mission and vision.
- The university will continue to identify efficiencies wherever possible to maximize use of resources.

Leadership a personal passion for centennial professor

Michael Brown

When it comes to understanding leadership, Greta Cummings has seen it all.

Cummings joined the Faculty of Nursing in 2004 after close to a decade on the nursing front lines and another 15 years of senior administrative leadership experience in hospital, regional and provincial health services.

It's little wonder that Cummings' research focuses on the leadership practices of health-care decision-makers and managers to achieve better outcomes for providers, patients in the health-care system and residents in long-term residential care.

"The fact is, leadership cascades through the system right through to patient outcome," said Cummings.

Her line of research excellence, together with her teaching and community service, have been recognized nationally and internationally with many awards, including the Canadian Nurses Association Order of Merit for Research in 2010 and induction into the Canadian Academy of Health Sciences in 2011. Most recently, she was given the title of Centennial Professor, among the University of Alberta's most prestigious of honours, bestowed on members of the academy who have achieved distinction in their area of research, scholarship and teaching, and who have earned favourable regard from the community.

Richard Siemens

Greta Cummings

"To a certain extent, the title validates the importance I place on leadership. I am very passionate on the impact leaders can have and do have if they use these types of leadership styles," said Cummings. "We are finally shining a light on the important role that leaders have, both positively and negatively, in the health system. Being able to carry on my work by having this title is huge for me."

Cummings says her approach to teaching is similar to her leadership style when she was a health-care administrator and used a coaching approach.

"I assume people are motivated to come to learn," she said. "I try to help them build on their strengths and identify what it is they need to learn and how they could learn it, and get them to perhaps see the world a little differently from what they had traditionally thought about."

Cummings says the nature of her subject matter makes the classroom experience very personal.

"Because I study leadership—how to relate to people and how to model leadership—I am in turn forced to model it and keep it in the forefront, which can be a challenge," she said. "The formal leaders in the health-care system are the subjects of my research—and they are also the ones to whom I am trying to translate my findings.

"It takes a lot of self-awareness on the part of individual leaders to see that maybe they have room to grow."

And perhaps it's that personal connection with her subject matter that has made Cummings so highly sought-after by local, national and international colleagues around the world to supervise students, collaborate on research, give addresses on her leadership research and provide consultation.

"I love the atmosphere of research and teaching created at the U of A," said Cummings. "I think that working at the university and being able to have an academic focus after my many years of administrative and leadership practice has been a wonderful transition, because that has allowed me to build on my previous practice to build this research."

Former chief librarian leaves indelible legacy

Michael Davies-Venn

Ernie Ingles, former chief librarian at the University of Alberta, has a great many things to be proud of, says Linda Cook, CEO of the Edmonton Public Library. As Cook lists examples, it soon becomes clear that the U of A's vice-provost and director of the School of Library and Information Studies has made an impact across Canada and around the world.

"Ernie does not stop being a librarian in our borders," Cook noted. "He has spread the word about Alberta, and Edmonton in particular, throughout North America and internationally."

Earlier this year, Ingles received the CLA/Ken Haycock Award for Promoting Librarianship, awarded for significant contributions to public recognition and appreciation of librarianship. The award is one of several honours recently bestowed on Ingles, who retires in July after more than two decades of service.

Merrill Distad, associate director of research and special collections services with U of A Libraries, recently had the daunting task of summing up Ingles' impact at a meeting of the province's librarians.

"His is a record of library co-operation and sharing that has provided a much-studied model for the rest of Canada, as well as for our counterparts south of the border and abroad. It's no exaggeration to say that he's changed the face of library service across this province," Distad said.

The changes Ingles oversaw ranged from improving Albertans' access to academic and public libraries to increasing what they are able to access. For example, Ingles sought funding for an initiative that would become The Alberta Library (TAL).

"When I came here in the '90s, I believed that we should be doing a whole lot more co-operative things together—which today, fundamentally, is what Campus Alberta is all about," says Ingles, who established TAL along with fellow librarians Pat Jobb, Hazel Fry and Dean Frey.

"The Alberta Library of the day was just a whole bunch of libraries; they were not really talking much to each other and were doing nothing that was integrative. We thought there was room for improvement. I had the first fundraiser for the idea in my living room, where we passed a hat to develop what we then called Libraries ASAP, which was a planning initiative for TAL. That's where the Lois Hole Campus Alberta Digital Library was invented," Ingles said.

"That was a gleam in his eye," Cook said. "Ernie saw the value in bringing together public, academic and school libraries and having them work together, which is unique in North America."

Under Ingles' leadership and with the support of his team, the U of A's library system rose significantly in all North American rankings.

"The U of A library's ranking in the Association of Research Libraries rose from 37th to 11th place overall in North America. We are second in Canada. And the statistically and competitively minded might also pause over his success in grantsmanship and fundraising, having racked up a career total of almost $80 million," Distad said.

Ingles recently received an honorary Blackfoot Eminent Scholar Kainai PhD, along with the Blackfoot title "Kaaahssinnin," meaning "Elder," from Red Crow Community College. He established the First Nations Information Connection, which networked Aboriginal colleges in Alberta. Mary Weasel Fat, a librarian at the college, says the effort has been changing lives.

"The portal helps give students a sense of identity, to understand who they are and where they come from," Weasel Fat said. "I'd like to thank Ernie and the U of A Libraries for helping us participate more fully academically and to be online with mainstream colleges and universities."

That passion for connecting people with their culture defines Ingles' career. A fellow of the Royal Society of Canada, Ingles is the first practising librarian to be so honoured.

"In 1967 was the Canadian centennial, which blew me away. I became a real fan of Canada, and so much of my library work has been around how we collect and preserve those things that are part of our national heritage," Ingles said.

Part of his preservation efforts came as the result of a $2-million Canada Council grant for Canadiana.org—a growing collection of Canada's printed heritage, once scattered in the United States, United Kingdom and France but now available in one location.

Ernie Ingles

Cook says Ingles' contributions will leave an indelible legacy for the library community.

"Lots of librarians come and go, and they do make a major impact. But after some years, they're forgotten. But this is not going to happen with the legacy that Ernie has left behind. The things he has done will definitely stand the test of time."

CFI-funded projects

A Slimline Borehole Seismic System for Geophysical Imaging and Monitoring of Induced Seismicity: Applications in Scientific Drilling, Mine Safety, Carbon Sequestration, and Hydrocarbon Extraction	$325,000
Advanced Gene Expression Analysis for Renal and Cardiovascular Research	$280,000
An Image-Guided Small-Animal Irradiation Facility for Precise Targeted Delivery of X-Rays to Specific Regions of Tumours and Normal Tissues	$326,241
Analysis of Intracellular Protein Trafficking and Organelle Biogenesis	$333,017
Application to Establish a Neurovascular Translational Research Laboratory	$159,855
Aquatic Conservation and Fisheries Management Research Laboratory	$135,000
Characterization of Shale Gas and Shale Oil Reservoirs	$120,000
Cognitive and Neural Mechanisms of Language and Working Memory	$40,000
Deciphering the Molecular Mechanism(s) of mRNA Export	$180,000
Infrastructure for the Investigation of New Technologies for Traffic and Transportation Applications	$126,311
Gas Chromatography System for the Analysis of Alcohol and Lipid Biofuels and Biochemicals Produced by Metabolically Engineered Microbial Cells	$143,105
Infrastructure for Characterization of Shape Memory Polymer Composites and Nano-Composites With Complex Fiber Architectures for Multifunctional Composite Materials Research	$60,000
Infrastructure for Investigating the Link Between Chronic Oral Inflammation and Systemic Health	$199,967
Infrastructure for Process, Fabrication and Characterization of Functional Nanomaterials and Devices for Sustainable Energy	$80,000
Infrastructure to Develop a Clinical Cardiopulmonary Physiology Laboratory to Examine the Cardiovascular Consequences of Chronic Obstructive Pulmonary Disease	$351,486
Laboratory Infrastructure Investigating the Antibiotic Resistance of Campylobacter	$191,749
Laser Illumination, Photo-Bleaching and Nano-Positioning Systems to Facilitate Live-Cell Imaging of Biomolecule Regulation	$101,141
Low Stress Animal Behavioural Suite for Investigation of Neuropathic Pain and Other Neurological Disease	$160,553
Protein Quality Control Analysis in Health and Disease	$390,129
Quantitative High Speed Stereo Video-Fractography System	$125,000
Smart Power Distribution Grid Laboratory	$60,000
Stable Isotope Systems and Applications to Earth's Exploration and Environmental Studies	$399,289
Translational Pathology Unit	$185,233
Translational Research in Airway Inflammation - Biomarker Identification	$399,818
Understanding the Multiple Sclerosis Disease Process at the Mind-Molecule Interface	$350,150
Visualization of Transplant Biology	$313,199
Whole-Body Mouse Microscope for Imaging Multi-Organ Response to Injury	$205,575

Granddaughter of U of A's pacemaker pioneer graduates from med school

Raquel Maurier

The late John Carter Callaghan is world-renowned for his cardiac firsts. He conducted the first open-heart surgery in Canada, he was the first surgeon in the country to repair a "blue baby" malformation, and he co-created the cardiac pacemaker. He retired from the University of Alberta's Faculty of Medicine & Dentistry in the mid-1980s. Now, in the medical school's centennial year, his granddaughter has graduated as a physician—the only relative in his family to follow in his footsteps as a doctor.

Natasha Hajduk, 25, accepted her medical degree June 7, shortly before moving to Calgary, where she will start her residency in family medicine. She says her grandfather's legacy inspired her to become a doctor.

"My parents always told me about his accomplishments. And in Grade 6, I did a project on him for school. I have always been very proud of him and his legacy. That was always instilled in me. And he is part of the reason I went into medicine.

"I also really enjoy the science of medicine. In Grade 12, I really enjoyed learning about hormones and the body and how everything worked together. I was curious to find out more about the human body and also had a strong desire to help people. Being a doctor is a nice way of tying all of that together."

Natasha Hajduk stands beside the bust of her grandfather, cardiac surgery pioneer J.C. Callaghan, at the Mazankowski Alberta Heart Institute.

During her clerkship, Hajduk did a rotation on the cardiac surgery ward at the Mazankowski Alberta Heart Institute. On the ward was a statue of her grandfather, along with many plaques commemorating his achievements.

"And when I spoke to cardiac surgeons, they would immediately tell a story about how he inspired them, or how compassionate he was and how he cared about his patients—that was a great experience, to hear all those stories."

Callaghan came to the U of A in 1955 as a lecturer in surgery and performed the two historic surgical procedures in 1956. A few years later, he accepted additional roles in the faculty in the Department of Surgery as assistant clinical professor and head of the division of cardiovascular and thoracic surgery. He stayed in these positions until his retirement.

Looking forward, Hajduk says she is excited about her family medicine residency because she likes the idea of having long-term physician-patient relationships.

"You get to know your patients over a long period of time—some of them right from when they are babies until they are having their own children. I thought that was a great way to get to know your patients and help them meet their different milestones, and keep them healthy."

She says she is also excited about graduating during the medical school's centennial year, because it is such a significant milestone, and one that her grandfather would have been proud of.

"I think he would have been have been really proud of this achievement, and proud that there is another physician in the Callaghan family."

Video games a fitting subject for digital course

Michael Brown

Sean Gouglas in the U of A's MOOC studio.

Video games exist not only as a form of entertainment, but also as an entity whose proliferation and advancement are so locked in stride with the digital age that they have become benchmarks of electronic and cultural progress.

It's fitting, then, that the University of Alberta's initial foray into the cutting-edge digitized delivery of an open and online education will include a course on the history of video games.

Sean Gouglas, director of the Office of Interdisciplinary Studies and professor in the Department of History and Classics, says offering the course—which has been offered in the Faculty of Arts for two years and is part of the computer game development program—as a massive open online course, or MOOC, would not have been possible without a $37,500 grant from the university's Teaching and Learning Enhancement Fund.

"There simply wouldn't be resources to conduct this sort of research into new teaching technologies without TLEF," said Gouglas. "We feel there are other ways to meet learning outcomes, and the TLEF grant is making exploration of that research possible."

Gouglas says the TLEF money will serve two purposes, the first being to open his classroom to anyone who is interested. He explains the course goes about teaching students to interpret and understand video games by exploring their importance and how they all contribute to the ongoing cultural discussion.

"The course addresses important issues of violence, sexuality and even race in computer games and explores all of these themes using the last 50 years of computer games as objects of study," he said. "This new platform will allow us to take this information across the world."

In addition to Gouglas's lectures, the digital version of the course will feature a series of brief streamcasts from games being discussed, and assigned readings from online academic journals. Grading each student's proficiency in the virtual classroom gets to the heart of the TLEF's second purpose—finding a middle ground between the need for long-answer essays that are inherent in the majority of arts classes and automated assessment inherent in MOOCs.

TLEF

"We're trying to find interim steps that can meet the learning outcomes associated with arts courses, like an essay, with technology we currently have," he said, adding every course has a domain of knowledge that is difficult to test. "Our findings will be good for the video games course, but aspects of this research will be extraordinarily useful for other courses.

"This project addresses directly the Faculty of Arts vision to innovate in teaching and research, to democratize education and to engage citizens."

Gouglas says the current plan is to run the course internally as a prototype in September, and then open it to the public in January 2014. The university's first MOOC, Dino 101, is to be offered in September.

Charity begins at home for researcher's study on giving

Michael Brown

McCalla

There's no better indicator of how important charities are in Canadian society than the sheer scale of resources directed at giving. As of 2005, Canada had more than 161,000 incorporated non-profit and voluntary organizations and registered charities that require support from individual donors and businesses. More than 20 per cent of the Canadian labour force is employed by non-profit organizations, accounting for 6.8 per cent of Canada's gross domestic product.

With so much at stake, it would stand to reason that the book on behaviour and motivation associated with giving would have been written already. The fact is, save for a few constants, little is known about why people give.


Peter Popkowski Leszczyc

"I have seen people being completely altruistic, purchasing an item for over $20,000 in a fundraising auction just to later donate it to charity, and began to wonder why," said Peter Popkowski Leszczyc, professor of marketing, business economics and law in the Alberta School of Business, and a recipient of a 2013-14 McCalla Professorship. The McCalla provides teaching release to professors and enables them to concentrate on research and creative projects, the results of which will enhance the classroom experience.

"The McCalla allows for some of the newer research to be incorporated directly into the classroom," he said. "Also, by telling students what I am doing and how it is related to what they are learning, I hope to further stimulate their interests, intellectually.

"In this way I can provide students with a combination of applied knowledge and theoretical knowledge."

Popkowski Leszczyc says his research will focus on the decision to donate and the amount to donate for different types of giving: straight donations versus joint giving, in which purchases are bundled with donations to charity, namely charity auctions. He says he wants to find out what influences giving—particularly the impact of involvement with the charity. For his expectations to be true, he says, he will have to disprove some long-held economic assumptions.

"One thing that I am expecting to find is that getting people involved with charity and letting them volunteer will also increase their own giving," he said. "This is in contrast to economic theory, which expects that volunteering will reduce giving by individuals."

Popkowski Leszczyc says his group will also look at the effectiveness of corporate social responsibility initiatives that have become a component of business strategy.

"The increased importance of corporate social responsibility and resulting giving by companies makes this an important area for marketing," said Popkowski Leszczyc, who has had first-hand experience with corporations during his involvement in running charity auctions on CampusAuctionMarket.com.

Curiously, he says, previous research on giving shows a significant proportion of consumers will avoid charity auctions and can even be suspicious of established charities. He adds, "It is the special charity events with celebrities where special items tend to sell, and with high prices. Most other charity auction items sell well below the retail value; however, this does not mean that people are not charitable—they still pay more on average than for non-charity auctions."

Popkowski Leszczyc says charity also begins at home, pointing to the importance the university puts on initiatives like the McCalla.

"The funding provides an opportunity for me to do a pretty large-scale project that involves a major investment—$15,000 to $20,000 in programming costs—which are otherwise hard to do," he said. "It also provides me with some teaching release to be able to administer this study, a large-scale project that is very time-consuming."

Blazing a trail not great for environment

Elizabeth Ng

Hikers heading out onto the trails for the summer should watch where they're walking.

A study out of the Faculty of Agricultural, Life and Environmental Sciences has found that the plants growing around trails are negatively affected by foot traffic.

Ellen Macdonald, researcher in the Department of Renewable Resources, her colleague Joyce Gould and graduate student Varina Crisfield looked at trails in Whitehorse Provincial Park, south of Hinton.

The researchers surveyed the alpine plants, taking stock of their different types and quantity. They also measured, among other things, soil compaction around the trails and the amount of disturbed soil and gravel.

Supplied

Ellen Macdonald

They found that hiking trails not only have fewer plants, but also very different kinds. They also found that the areas bordering the trails showed signs of plant disturbance up to five metres away, indicating that the foot traffic has a wider impact than just where the paths are.

Macdonald says the most interesting results came when they compared the trails with naturally disturbed areas. These areas, which look like hiking trails, have few plants and a lot of gravel because of frost damage.

Supplied

Graduate student Varina Crisfield surveys the plants around trails in Whitehorse Provincial Park, south of Hinton.

They found that hiking trails were very different from naturally disturbed areas. Hiking trails have plants growing where they naturally wouldn't, resulting in a decline of the plant species you would normally find.

In a natural alpine area, plant species benefit each other by creating a better microclimate to grow in. The loss of one species changes these microclimates, which then negatively affects other plants, causing a decline in plant cover and number of species.

Macdonald says their findings suggest it will take a very long time for these trails to recover and will require active restoration efforts to do so.

But Macdonald doesn't want people to stop hiking.

"You know, I love hiking; it's a way for people to enjoy nature. I think closing trails that are really damaged or temporarily closing trails so they can recover is a good idea. And hikers have to hike responsibly.

"Stay on the trails!"

Cardiovascular risk calculators not created equal

Raquel Maurier

Online calculators that predict a patient's risk of cardiovascular disease vary greatly in accuracy, according to newly released medical research from the University of Alberta.

The scientists who made this discovery want doctors to exercise caution when using online calculators and deciding whether a patient should be prescribed medication based on the results of such online tools.

"If you enter a patient's risk factors and get an answer, the number is by no means 100 per cent accurate. Physicians shouldn't interpret the results as hard and fast," says Mike Allan, a researcher with the Faculty of Medicine & Dentistry who works in the Department of Family Medicine and is also a physician.

"The level of accuracy is quite variable among different calculators. There is a margin of error that is not reported with any of these risk calculators. Patients could be more at risk or less at risk than what the calculator is actually showing. However, these calculators can be a helpful guide and are better than just basing treatment decisions on cholesterol numbers alone."

Allan and his colleagues at the U of A and the University of British Columbia recently published their findings in the peer-reviewed journal, *Circulation*. They found that between 22 and 48 per cent of doctors use online calculators to help determine whether their patients should receive medication to prevent heart disease. Some calculators consistently err too high, suggesting patients are at risk; others consistently underestimate the risk.

"So some patients could be on medicine unnecessarily, while others who should be on medication aren't," says Allan.

Allan and his team showed that one-third of the time, patients assigned to one category of risk by one calculator will be assigned a different category by a different calculator. They also found that the absolute risk numbers assigned by different calculators can vary greatly. So a patient could be told the risk of heart disease or stroke was five per cent over the next 10 years based on one calculator, but another may show the risk as high as 25 per cent.

This large difference could have a profound impact on decisions by patients and clinicians, says Allan.

He says online calculators that are representative of populations are the best ones to use. So it would be best for Canadian doctors to use a tool created specifically for Canadian patients.

The U of A and UBC researchers worked on this study for about one year. The research was funded by the Edmonton North Primary Care Network.

"Dr. Allan is one of our member physicians in the Edmonton North Primary Care Network, and we were delighted to support the important and respected work that he does, including his research into cardiovascular risk calculators," says Mary Turner, president of the board of directors for the Edmonton North Primary Care Network.

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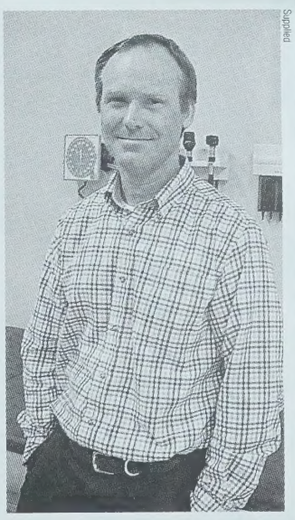

Mike Allen

Teaching award winner sows seeds of social change

Jane Marshall

"I wanted my students to leave my classes not just better informed, but more prepared to relinquish the safety of silence, more prepared to speak up, to act against injustice wherever they saw it. This, of course, was a recipe for trouble."

– Howard Zinn

This quote is appended to the bottom of Carla Peck's email signature. She says she likes it because it speaks to her philosophy of social justice, which is core to her teaching philosophy.

"To be an engaged citizen you must be aware of what's going on around you—of poverty, racism and discrimination," said Peck, an elementary education professor in the Faculty of Education. "It's not enough to just be aware. It's also important to act. That's what grounds my teaching."

Supplied

Carla Peck

Peck, a recipient of the 2013 Rutherford Award for Excellence in Undergraduate Teaching, says she knows her students will soon become teachers themselves, taking what they've honed during their undergraduate education out into the world and using it to mould their own students.

"I believe in building a community of enquiry in my classes and trying to work with students—viewing them as future colleagues. I treat them as professionals. Teachers must support each other in their common goals, so I try to build this within class," she said. "What I hope happens is that there's a climate of respect and that things get accomplished. This way, issues around social justice can be made more open. We aren't just islands working alone."

Peck's undergraduate courses are EDEL 335: Curriculum and Instruction in Elementary Social Studies and EDFX 490: Global Citizenship Field Experience in Ghana. The latter is an experiential course in which students travel to Ghana and live out these concepts first-person. The goal is to foster confidence in future teachers so they can be seeds of change within their respective fields.

Winning the teaching award has given Peck pause to reflect over her six years at the University of Alberta. Going over student and alumni comments, past course evaluations, class scores and samples of student work, she said, "I could really see how my teaching has developed and grown."

This is evident in how 2010 student Brent Gilson, now a Grade 3 teacher, feels about her. "Carla has not just made an impact on me as a student, but also as the teacher I am now. Carla was the first teacher I had to take the time to work with us all and guide us to our best work. She taught me that feedback and guidance are the strongest tools we as teachers have in helping our students achieve. I continue to use the skills that Carla helped me to develop and I hope to do the same for all of my students."

Are You a Winner?

Congratulations to Nicole Sabo who won a butterdome butter dish as part of Folio's May 31 "Are You a Winner?". contest. Sabo identified the last issue's photo as the sculpture DYAD by Robert Murray located on the north side of the Biological Sciences Building. Up for grabs is a rare Butterdome butter dish, circa 2008. To win it, simply identify where the object pictured is located and email your answer to folio@ualberta.ca by noon on Monday, June 24 and you will be entered into the draw.

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2013 HDs offer up wise words to live by

At the University of Alberta's latest spring convocation, a lineup of innovators, scientists, volunteers and world leaders accepted honorary degrees and imparted these words of wisdom to this year's graduands:

Photos by John Ulan

TRY NOT TO LET MAKING a living, or being a success, overwhelm you, possess you entirely, but leave room for that creative urge that lives inside all of us and will express itself in myriad ways if we allow it. To stifle it completely, is to stifle the soul.

Sharon Butala, award-winning Canadian author, who received an honorary doctor of letters degree June 2 in Camrose and addressed graduands June 5 in Edmonton

I HAVE ALWAYS BELIEVED THAT if we are to retain public confidence, the application of the law to life should actually produce justice—and justice for all, not just some.

The Honourable Catherine Fraser, chief justice of Alberta and the Northwest Territories, who received an honorary doctor of laws degree June 4

[RACISM AND DISCRIMINATION] ARE NOT who we are as a country. If anybody thinks of you as disadvantaged, because of your colour or your gender, just tell them to take a hike. I totally will not stand for tokenism, because you lose your humanity.

Deepa Mehta, Canadian filmmaker, who flashed the Vulcan salute at the end of her commencement address after accepting an honorary doctor of letters degree June 5

NEVER STOP LEARNING. NEVER STOP expanding your knowledge, not just in the engineering field but in the fine arts, history and science. Be a well-rounded engineer.

Jacob Masliyah, U of A professor emeritus in engineering and oilsands pioneer, who received an honorary doctor of science degree June 6

THESE PROFESSIONAL PASSIONS DID NOT come to be automatically or easily. I'm not by nature a social agitator or activist. They came to me from travelling, from listening, from learning and from engaging in applying knowledge to solve problems in extraordinarily challenging social contexts.

Lincoln Chen, global health leader, who received an honorary doctor of science degree June 7

DO ALL THE GOOD YOU can, in all the ways you can, as long as ever you can. And, never say never—don't even think about it.

Louise Miller, tireless advocate for people with spinal cord injuries, who received an honorary doctor of laws degree June 10

I LIKE TO THINK OF our education as moving from the dark of not knowing to the light of knowledge and understanding.

Margaret-Ann Armour, U of A chemistry professor, alumna and one of Canada's premier science ambassadors, who concluded her speech by turning a smoking beaker of liquid from dark blue to light yellow. She was awarded an honorary doctor of science degree June 11.

IT IS DIFFICULT TO FORETELL the influence you will have on your students. In many ways, it may last an eternity.

Former Alberta premier Ed Stelmach, who addressed graduands from the Faculty of Education after receiving an honorary doctor of laws degree June 11

WE MUST TAKE ACTION TO mitigate climate change. Intelligence commands it. Human decency demands it.

Internationally acclaimed photographer James Balog, who received an honorary doctor of science degree June 12

I ENCOURAGE YOU TO NEVER forget the fundamental tenet that science is simply about truth and the description of order in the universe. With that approach to your chosen field, your training and your degrees will all have enormous value.

Ian Stirling, U of A professor and research scientist emeritus with the Canadian Wildlife Service, who received an honorary doctor of science degree June 12

Richard Siemens

EACH AND EVERY TIME IT is you—and you alone—who gets to decide whether you will do the right thing or the wrong thing, whether you will do what is popular or what is right, whether you will do what you are told or what you know you must.

The Honourable James Prentice, U of A alumnus and former member of Parliament and senior cabinet minister, who received an honorary doctor of laws degree June 13

Science citizen sets sights on change

Brian Murphy

Richard Siemens

Taylor Robertson hopes to use the lessons he learned in his Science Citizenship course to tackle challenges from sea to sky.

When Taylor Robertson was considering courses to help round out his bachelor of science degree, he came across a University of Alberta offering called Science Citizenship.

Robertson, who graduated June 12, says he's glad he signed on for Science 299.

"Solving problems with science is just the first challenge," he said. "Then you take your solution into the real world of governments, corporations, policy-makers and the public and you've got to successfully communicate your science to everybody to make it a reality."

Robertson plans to use his BSc with a specialty in physics to launch a career in space technology. He's aware that the high costs and high risks of space exploration—steering a project from laboratory to launch pad—requires skills he was introduced to in Science Citizenship.

The course requires students to take a global issue, research a science solution and write a proposal that tackles the problem on a local scale.

Science Citizenship was created by U of A chemistry professor Glen Loppnow. Initially the course was for third-year chemistry students, then it became part of the Science 100 program and now it's available for all science students from second year up. Loppnow says the students have always got a lot out of the course.

"The students learn communications skills, teamwork, proposal writing and persuasive writing," said Loppnow. He adds that the students really commit to the two-term program.

"I'm still amazed by the creativity of the student presentations," he said. "They present before the whole U of A community; it's a big deal."

Twelve students took Science 299 this year. They broke into four groups interested in social issues as varied as intimate-partner violence, science education and battery recycling.

Robertson and two other students proposed a water conservation program for Alberta that involves recycling grey water for toilet flushing. Toilet flushing accounts for 35 to 50 per cent of water consumption—and Robertson says many residents could cut their consumption of fresh clean water nearly in half.

Robertson and his teammates worked out the science and drafted legislation required to make the systems legal. They hope to present it to the Alberta government next year.

"What I took away was the importance of researching all aspects of the problem," said Robertson. "Not only the science, but the institutional and economic barriers that stand in the way of creating change."

Robertson says he hopes to put the lessons he learned in Science Citizenship to use helping to push space exploration "beyond the immensely small corner we have seen."

Grad headed from economics to the Fourth Estate

Jamie Hanlon

At this time of year, many recent economics honours graduates might be seeking or starting work as analysts, bankers or civil servants. Philippe de Montigny is taking a fourth option.

The Fourth Estate, that is.

The countdown is on for de Montigny, who holds a 4.0 average, to the start of graduate studies in journalism at Carleton University. It's a dream he's held since he was young, he says, recounting his early experiences of "running" a classroom newspaper in Grade 5. That later gave way to writing book reviews for Le Franco, a local Franco-Albertan weekly newspaper, and eventually volunteering with The Gateway and freelancing for both of the province's francophone papers.

"I've always had a passion for speaking with people, writing, informing, entertaining," said de Montigny, who is also the co-ordinator for French for the Future's National Ambassador Youth Forum.

When he wasn't busy pursuing those passions, de Montigny has had little trouble filling in his spare time while he was at the U of A. He's been active as a tutor, in both the Department of Economics and the Aboriginal Student Services Centre. He was actively involved as a member of the university appeals boards. And he played piccolo and flute—he's also a music minor—in the Symphonic Wind Ensemble and University Symphony Orchestra. In fact, he credits his music for keeping him balanced during his time at the U of A.

What can we expect from de Montigny in the future? If his track record is to be believed, the answer is "anything he wants to do." And yes, he sort of has that mapped out already, too.

"My goal is to engage people about the economy, get them to ask questions and demand answers," he said. "One day, I hope to be your senior business correspondent or even news anchor on national television. Dream big."

John Ulan

Philippe de Montigny

Grad to rehabilitate physical therapy training in native Chile

Bryan Alary

Jorge Fuentes arrived at the University of Alberta eight years ago looking to enhance his clinical research skills in physical therapy for the benefit of his native Chile.

With a master's and PhD in rehabilitation sciences from the U of A under his belt, Fuentes will help train a new generation of physical therapists in his country—using his own research that calls for a more patient-centred approach to treatment.

"There is a lack of people with clinical research skills in physiotherapy. That is a huge necessity for us as a profession in Chile," said Fuentes, who officially received his PhD at a convocation ceremony June 5. "We need to be able to create quality clinical research, and that is going to be my focus."

Richard Siemens

With a master's and PhD in rehabilitation sciences, Jorge Fuentes will help train a generation of physiotherapists in his native Chile using his research into lower back pain.

Before arriving in Edmonton in 2005, Fuentes was a practising physical therapist and assistant professor at the Catholic University of Maule, in central Chile. After researching graduate programs throughout the world, he started an email dialogue with the U of A's David Magee, with whom Fuentes was familiar from Magee's renowned textbook, *Orthopedic Physical Assessment,* and eventually paid a visit to see for himself.

It didn't take him long to realize that the U of A's Faculty of Rehabilitation Medicine was the right choice.

"It was the people. They were very welcoming for us," says Fuentes. "It was a quality program, of course, but we were looking for that extra plus and that was it—the people, the environment, the faculty, the members of this faculty."

When he first arrived, Fuentes was isolated from family and friends in Chile, including his wife Andrea and son Max, then six years old. But his family eventually joined him in Canada, and after a while they made a home in Edmonton, seeing their household expand with the birth of daughters Agustina and Dominga.

Fuentes' research interest is pain, which he notes is at the heart of almost every patient's concerns when seeking treatment from a physical therapist. For his PhD dissertation, he examined how patient interactions can affect a patient's chronic low back pain.

Fuentes found that how physical therapists interact with patients—open communication, active listening, eye contact, facial expressions, tone of voice—plays a significant role in pain reduction. It's the first time that such non-specific factors of physical therapy treatment have been studied in a randomized controlled study.

Fuentes says his findings, which he recently presented to strong feedback at the International Society for the Study of the Lumbar Spine Conference, are just the first step in understanding the importance of non-specific factors and optimizing treatment for patients.

"The way we are applying treatment today is not the best approach," he says. "That might be the reason physical therapy interventions have such a modest effect for patients with chronic conditions. The therapeutic context, in which the interventions are delivered, matters. We have to take these non-specific factors into consideration."

Pain is in the eye contact of the beholder

In the study, 117 patients with chronic low back pain were split into four groups. The first received electrotherapy after limited, five-minute interaction with the physical therapist, who avoided eye contact and did not openly engage the patient. The second group received the same electrotherapy with enhanced interaction, in which the physical therapist spent the entire 30-minute treatment with the patient and exhibited strong verbal and non-verbal communication.

The third group received the limited interaction while hooked up to electrotherapy, but the patient was unaware the device was not connected—what Fuentes calls "sham" treatment. Patients in the fourth group received enhanced interaction with the same sham treatment.

Fuentes found that patients with enhanced interaction and real electrotherapy reported a three-point reduction in pain intensity on a 10-point scale, along with a two-kilogram increase in their pain thresholds—results he said are considered clinically significant.

What was surprising, he said, was patients who received enhanced interaction during a sham treatment reported the next greatest improvement in pain intensity and threshold—even greater than the group that received actual treatment and limited interaction. The group that received limited interaction and a sham treatment reported the least change.

Scandinavian grad finds open doors to U of A design

Michael Davies-Venn

By the time Laila Steen finished high school in Norway and later decided she was ready to attend university, she was certain of two things. She wanted to study design, and she didn't want to do it in her country.

"I really wanted to study abroad and wanted to do so in English," recalls the industrial design graduate. "I wanted to learn the language and thought doing so would give me opportunities for international jobs."

She began looking into universities before choosing the University of Alberta's industrial design program, which she says is unique among several other programs worldwide. And before she completed her studies, she got a rare opportunity that changed her career focus.

"There are several opportunities to pursue through the industrial design program. For example, you could pursue business or engineering," she says. "You don't have those kinds of opportunities in Europe, where most art and design universities and colleges are separate from a faculty. Usually you don't have that interdisciplinary opportunity. Because of the interdisciplinary nature of the program, it has prepared me for a broad field of design."

Steen says she wasn't sure what she wanted to do when she started studying at the U of A. But that was the least of her concerns, because she was learning the right skills that would lead her passion and allow her to approach any design problem or field of design.

"Throughout my studies, I've been able to explore and find my path," she says.

That path has already led to national recognition. Two years ago, Steen won the top student prize in the Interior Design Show, Canada's largest contemporary design fair, for a chair she crafted using a single piece of cowhide.

"That award was an affirmation of what I was doing and my abilities. But that also forced me to question whether furniture design was something that I really wanted to do," she says.

Fortunately, she says, it was a question the program had prepared her to ask. And now, with the tools, abilities and confidence she has gained, Steen has set her sights on a new area of design.

"Through my program I did a practicum involving medical design at the Institute for Reconstructive Sciences in Medicine. And I'm now looking at doing a master's degree that is partly facilitated by the institute and the faculties of arts and science in what's called surgical design and simulation," Steen says. "It uses a lot of the processes designers are familiar with, such as 3-D modelling and printing, in surgical design and planning."

Richard Siemens

Laila Steen, pictured here with her father Erling, came from Norway to study design.

When Steen crossed the stage June 5 during convocation, she celebrated her journey with her dad, Erling Steen, who travelled some 6,000 kilometres to join in on an experience she says Norwegians don't get to have.

"In Norway, when you graduate, there's not much of a ceremony or celebration around the whole convocation," she says. "We don't really do the hats and the robes. It's more like you get a letter in the mail. So it's a unique opportunity for him to come and see that aspect.

"Convocation is a tribute to the fact that I decided to make the commitment to travel so far to study. And he's here also to celebrate with me and validate my convictions. So this convocation has some symbolic meaning for us."

ALES grad plots course to save world on her wonderwall oasis

Michel Proulx

Hayley Carlson makes no bones about it—she wants to save the world. So much so that the first thing she saw every morning during the last two years of her undergraduate degree was a collection of big and small whiteboards and papers she stuck on her ceiling and wall.

She called it her 'How-to-Save-the-World Wall of Knowledge.'

While Carlson was in high school, her science teacher would read articles to the class about environmental issues such as the depletion of the ozone layer or the extinction of different species. And then nothing. No discussion, no way of putting the information in context, no way of making the world a better place. She was left with a sense of powerlessness. So she got mad.

She decided to study environmental issues but realized that no one discipline had all the answers.

"Problems are natural, biological, sociological, economic and political. Solutions require an interdisciplinary approach," she said.

The program that offered her the most comprehensive approach to environmental issues was Human Dimensions of Environmental Management in the Faculty of Agricultural, Life and Environmental Sciences.

In her second year, she realized she hadn't come any closer to her goal of protecting the environment. So the following year, she started what would become her Wall of Knowledge.

"Sociology, economics, science, they all tell you different things. I wanted a way to see the big picture," she explained.

Carlson, who volunteered at Sustain SU and sang in the U of A mixed choir, started writing down ideas that she heard in classes and from different speakers and videos. In her fourth year, the wall became more structured.

The centre of the wall, a big whiteboard, shows solutions at the institutional level as well as the community and individual levels. A series of surrounding smaller whiteboards and papers examines the problems contributing to environmental degradation.

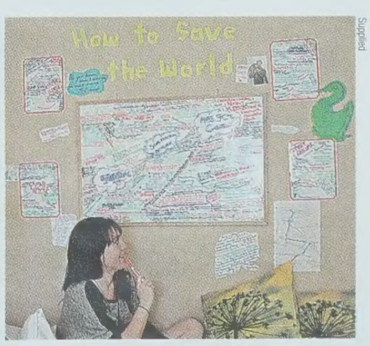
"It really did help me see the big picture," she said. "I'm a determined person by nature, but the wall helped me keep focused. I felt strongly about it being the first thing I saw."

The wall was also a creative outlet for Carlson, helping her relax about "smaller" issues and keep things in perspective.

"It helped make [the degree I'm about to receive] my own," she explains.

Carlson was one of 267 students in the Faculty of ALES to receive their degrees June 12. She plans to pursue a master's in public administration in her home province of Saskatchewan in September. After that, who knows?

"It doesn't matter where I work," she said, "as long as I have the opportunity to search for comprehensive, realistic solutions to save the world."



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Hayley Carlson ponders her Wall of Knowledge, which she worked on and woke up to every morning for the last two years of her undergraduate degree.

U of A study leads to enhanced CFL concussion guidelines

Raquel Maurier

Research from the University of Alberta shows Canadian Football League players are more likely than university-level players to value medical tests after concussions. But the professional athletes are more apt to incorrectly believe it's OK to return to the sport within 24 to 48 hours if they have no symptoms.

The study looked at how CFL athletes fared against their university-level peers when it came to concussion knowledge, and whether a one-hour concussion education program improved the two groups' knowledge. All of the CFL players realized the importance of seeking medical tests after a concussion, versus 67 per cent of university-level football players. On a different issue, 44 per cent of pro football players incorrectly thought it was safe to return to the sport one to two days post-concussion if they had no symptoms, whereas 26 per cent of their university peers believed this practice was safe.

> "You can get hit anywhere on the body and get a concussion, because it's about the force being transmitted to the head."
>
> Dhiren Naidu

"You can still be healing from a cognitive perspective even though you feel normal," says Dhiren Naidu, lead researcher from the Faculty of Medicine & Dentistry, who worked with colleagues from the Faculty of Education on the projects.

"Research shows 85 to 90 per cent of adults recover from a concussion within 10 days. Athletes usually follow a paced 'return-to-play protocol' once they are no longer displaying any concussion symptoms. Just because athletes feel better one to two days after a concussion, that doesn't mean they're healthy enough to go back and start hitting or taking a hit again."

A total of 68 university athletes and 72 CFL athletes took part in this study, which involved answering a questionnaire before and after a one-hour education session on concussions. Results showed most players knew how to manage concussions and what the hallmark symptoms were. And after the session, players were more apt to understand two key pieces of information: concussions can stem from blows to any part of the body, and MRI or CT imaging doesn't always detect concussions.

Last season the CFL implemented annual concussion education sessions for athletes. These results confirm the effectiveness of the education sessions and underscore the importance of continuing to educate athletes on the topic of concussion.

Naidu, a physician who specializes in concussions and works in the Division of Physical Medicine and Rehabilitation, says he was surprised that more players weren't aware of those two key facts about concussion.

"These two items have been the mainstays of concussion education for years, so I was surprised more athletes weren't aware of these facts. You can get hit anywhere on the body and get a concussion, because it's about the force being transmitted to the head. You don't need a hit to the head to have a concussion."

A second study led by the same team looked at concussion history and symptoms in university-level athletes. The results showed football players fared the worst when it came to experiencing a plethora of symptoms and having more than one concussion. Football players had poorer results in visual memory tests and were more apt to report symptoms such as headaches, fatigue, drowsiness, irritability and feeling more emotional. Sixty-five per cent of hockey players, 56 per cent of football players and 50 per cent of soccer players reported experiencing concussions in the past. Hockey players were also more apt to experience amnesia post-concussion. A total of 274 male athletes took part in this second research study, including 155 football players, 67 hockey players and 52 soccer players.

Supplied

Dhiren Naidu

The findings from these studies were presented at a Canadian Academy of Sport Medicine meeting in April and published online in the *Clinical Journal of Sport Medicine* earlier this spring.

Naidu is continuing his research in this area and would like to study how athletes who have had multiple concussions fare on neuropsychological tests five years later. He wants to know whether their baseline test results change as they have more concussions.

Naidu is the author of the CFL's player education session and was part of the CFL medical advisory panel that wrote the concussion guidelines that will be implemented in the league this year. He is also the team physician with the Edmonton Eskimos, the head physician for the Edmonton Oilers, and a specialist in physical medicine and rehabilitation and sport medicine.

Surgery staff, nurses band together in support of beloved colleague's ALS fight

Lyndsey Ford

staff spotlight

One morning several months ago, some staff members from the office of postgraduate surgical education asked to speak to Sue Sutherland, a medical education program assistant for general surgery. The topic was a sensitive one—the staff wanted to form a team to participate in the summer Walk for ALS in support of Sue's husband, Drew Sutherland, a general surgeon who lives with ALS—and they wanted the Sutherlands' blessing.

Sue's response came naturally: "I said of course."

"We were really nervous to ask," admitted team captain Kim Nicholas. "The Sutherlands don't really talk about it and when they do, it's very matter-of-fact. They don't go into the details of how the disease has affected them personally."

Amyotrophic lateral sclerosis, ALS, also known as Lou Gehrig's disease, is a progressive and, ultimately, fatal neuromuscular disease with no known cause, cure or proven drug therapy.

Drew, who was diagnosed eight years ago, is a current faculty member and alumnus of the Faculty of Medicine & Dentistry, where he earned his MD, and the Department of Surgery, where he completed his general surgery residency.

With the full support of the Sutherland family, Nicholas and her colleagues began forming the Walk for ALS team. "I literally walked down the halls of the Department of Surgery and asked people to join us," said Nicholas. "People are so supportive of the cause and there's a real atmosphere of excitement. It has seemed to bring people together within our department, which is an added benefit."

In talking with the Sutherlands, the team also learned that a group of nurses at the University of Alberta Hospital had participated in the walk a year earlier in support of Drew. The groups decided to join forces for the 2013 Walk for ALS, and Drew's Crew was formed. With close to 40 members, Drew's Crew was the biggest team participating in the walk June 8 at Hawrelak Park. The team consisted of Department of Surgery physicians and administrators alongside Alberta Health Services nurses, dieticians and physiotherapists.

Supplied

Members of Drew's Crew that participated in the 2013 Walk for ALS June 8.

The team's original fundraising goal was $5,000, but they quickly surpassed it and upped the goal to $10,000. When they passed that, they raised it once again to $15,000 and then $20,000. "The fundraising really took off," said Nicholas. "We were surprised by the first big donation and it just went on from there."

"We're overwhelmed by the support," Sue said. "It's crazy and delightful and just wonderful, because it spreads the word about ALS, which isn't always a disease at the forefront and is severely underfunded."

The money raised through the Walk for ALS goes to the ALS Society, which supports those living with the disease. "We're lucky," explained Sue. "We have the means to live with the disease but many don't. This provides critical support to the many who can't afford the basic equipment that is required."

For Drew Sutherland, a positive outlook and the love and support of his wife and four children keep him active in the Department of Surgery. He works in the Acute Care Emergency Services ward, treating patients who come in from the ER pre- and post-surgery. He is also the assistant program director for the general surgery residency program and conducts weekly resident teaching sessions. He has been promoted to associate clinical professor and recently completed the Canadian Association of General Surgeons exam mandatory for general surgery residents, finishing fourth overall in Canada, and first in Canada among physicians who participated voluntarily to help set the standard. "ALS takes the body, but not the mind," Sue said. "And Drew's mind is sharp as a tack."

A community remembers

Indira Samarasekera, President and Vice-Chancellor

June 15 marks the one-year anniversary of the tragic armed robbery and fatal shooting of G4S employees on campus. On this anniversary, my thoughts go out to the families, victims, and community members affected by this tragedy.

While this terrible act was neither directed at our community, nor committed by one of our community members, it did happen on our campus and it has had an impact on many of us, particularly the Safewalk first responders and the students in and around HUB Mall that night. I would like to personally thank each of you for your courage.

The university will plant a red oak at the service to honour the memory of the three victims who lost their lives: Brian Ilesic, Eddie Rejano and Michelle Shegelski.

The University of Alberta is a community defined by a deep commitment to each other's safety and success and a willingness to reach out to each other in a crisis. Last year's tragedy, thankfully, is a rare moment in the life of our community. Let us continue to move forward together.

Study shows SIDS-prevention practice does not affect baby's ability to rock, roll

Bryan Alary

Baby, keep on rolling.

A campaign to put babies to bed on their backs to reduce the risk of sudden infant death syndrome has not impaired infants' rolling abilities, according to University of Alberta research.

Johanna Darrah, a professor of physical therapy in the Faculty of Rehabilitation Medicine, says infants develop the ability to roll much the same today as they did two decades ago when the "back to sleep" campaign was introduced and successfully reduced the occurrence of SIDS. Her research answers fears that the back to sleep campaign, which recommends putting babies to bed on their back instead of their stomach, would hurt an infant's gross motor development, specifically the ability to roll from tummy to back and vice versa.

"Infant gross motor development hasn't changed that much in 20 years," says Darrah. "The thought that babies first roll from their tummy to their back, before they go from their back to their tummy, does not appear to be the case. For most babies, they happen very close together."

Supplied

Johanna Darrah offers two babies an incentive to try rolling from their tummies to their backs.

Darrah first studied infant motor development in the early 1990s as a graduate student of former dean Martha Cook Piper when the pair published the Alberta Infant Motor Scale, an observational assessment scale used throughout the world to measure infant motor skill development from birth to walking.

Darrah revisited her work, studying the rolling abilities and motor skills development of 725 Canadian infants ranging in age from one week to eight months. One of her goals was to see whether the norms identified and developed 20 years ago still represent the age of emergence of gross motor skills.

Darrah notes there is some concern in the physical therapy community that babies develop movement skills like rolling from tummy to back at later ages because of reduced time spent on their stomachs. Those concerns appear to be unfounded, she says, explaining that her results are particularly valuable for health-care practitioners specializing in early childhood development.

"Our results would suggest that gross motor skills emerge in the same order and at the same ages as 20 years ago. The environment is of course important to gross motor development, but the change in a sleeping position hasn't made much difference as to when babies roll from stomach to back."

Darrah's initial findings were published in May in the peer-reviewed journal *Early Human Development*. The research was funded by the Canadian Institutes of Health Research.

Poor maternal and child health linked with illnesses as an adult

Raquel Maurier

How babies grow and develop in the womb, as newborns and into childhood can put them at increased risk for premature high blood pressure, kidney disease and heart disease, according to a research review led by a University of Alberta medical researcher.

Valerie Luyckx, an associate professor in the Faculty of Medicine & Dentistry, took the lead on the international collaborative review. The study highlighted the increased risk later in life of premature hypertension and chronic kidney disease among premature and high- or low-birth-weight babies, children who experience rapid weight gain after the first year of life, obese children, and babies born to mothers with poor nutrition, gestational diabetes or pre-eclampsia.

Supplied

Valerie Luyckx

"When babies don't grow well in utero, they are at increased risk of premature kidney and cardiovascular disease for the rest of their lives," says Luyckx.

"The bottom line is if a baby is not growing well during pregnancy—which most of the time is due to mothers being malnourished or not receiving proper care during pregnancy—the baby can be born premature or very small and may have small kidneys. Such small kidneys contain fewer filtering units (nephrons), which makes the person prone to higher blood pressure, and the kidneys are less able to withstand additional stresses over time. Having high blood pressure puts a person at much higher risk of kidney disease, and kidney disease is also intricately linked to heart disease. If a mother has diabetes, the baby can be born very large, and this also appears to increase risk of kidney disease in later life."

Worldwide, 15 per cent of babies are born with low birth weight, and 9.6 per cent of newborns are premature, which means the number of people at future risk for chronic disease in adulthood is high. Low-birth-weight and premature children who gain weight rapidly tend to become overweight, which further increases their risk for premature hypertension and kidney disease as adults. Childhood obesity also triggers the same risk factors, so the importance of early childhood nutrition can't be underestimated, says Luyckx.

"Chronic diseases are becoming a global epidemic. Hypertension is considered a leading risk factor for disease worldwide, causing a bigger burden of disease around the globe than infectious diseases. The maternal and early childhood risk factors noted in the research, which may at least in part be amenable to public health interventions, are extremely important and something we need to be aware of now. If we focus on improving maternal and fetal health and childhood nutrition now, in 40 to 50 years there could be a major positive public health impact by decreasing the number of people who develop kidney disease and cardiovascular disease.

"These diseases are costly to health systems in developed countries, but are death sentences in lower- and middle-income countries around the world."

Luyckx, who works in the Division of Nephrology & Transplant Immunology within the Department of Medicine, says many countries have already rallied support around reducing maternal mortality rates and improving the quality of care women receive during childbirth and delivery as part of the United Nations Millennium Development Goals. But she adds that many are still falling short of their targets, and that a more focused effort on early childhood health requires learning even more about the importance of healthy diets and exercise in all areas of the world where childhood obesity rates are soaring.

The study was part of a five-paper series published in *The Lancet*, focusing on kidney disease around the world. The publication coincided with the World Congress of Nephrology held in Hong Kong in early June, with the aim of raising global awareness of kidney disease.

Study shows low birth weight may be risk factor in age-related vision loss

Raquel Maurier

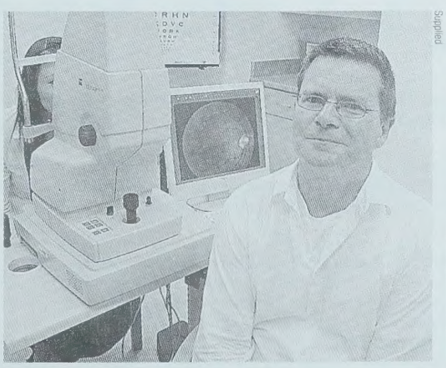
Medical researchers at the University of Alberta recently published their findings that rats with restricted growth in the womb, causing low birth weights when born, were most susceptible to developing age-related vision loss, compared with their normal-weight counterparts.

The research team members say additional work needs to be done to see whether this same link exists in people, and if it does, doctors will need to better monitor vision concerns in adults who were born with a low birth weight.

"The consequence of our findings is that we are providing evidence for the need for clinicians to log birth weights of their patients when assessing health," said Yves Sauvé, who led the team of researchers from the Faculty of Medicine & Dentistry.

"Most age-related eye diseases fall in the category of complex diseases, meaning that many factors can compound the severity of the risk, and birth weight could be one of those factors. Our finding points to the need to pursue more studies on the potential link between low birth weights at term and the risk of developing age-related vision losses."

Not only did the lab models have overall poorer vision as they aged, they specifically had poorer night vision, noted Sauvé and his colleagues. It is normal for night vision to be slightly affected with age, but night vision loss was worse as these lab models aged.



Supplied

Yves Sauvé

The team's findings were published in the peer-reviewed journal *PLOS One*. Sauvé worked with colleagues Sandra Davidge and Stephane Bourque. Sauvé works in the Department of Physiology, the Department of Ophthalmology and the Centre for Neuroscience. Davidge is a professor in the Department of Obstetrics & Gynecology and the Department of Physiology, and is the director of the Women and Children's Health Research Institute. She is a Canada Research Chair in Women's Cardiovascular Health and an Alberta Innovates – Health Solutions funded scientist.

Their research was funded by Alberta Innovates – Health Solutions and the Canadian Institutes of Health Research.

news [shorts]

folio presents a sample of some of the stories that recently appeared on the ualberta.ca news page. To read more, go to www.news.ualberta.ca.

Enrolling in payroll direct deposit

The University of Alberta has recently implemented important changes to the UAPPOL Payment by Electronic Banking/Direct Deposit Procedure. All payments made to employees, graduate students, post-doctoral fellows and resident visiting speakers will be made via direct deposit. The university will no longer issue cheques as payment for these services.

This process change will make receiving payments more convenient, will eliminate lost and reissued payments, and will significantly reduce administrative costs. Last year, about seven per cent of payments were made by cheques, costing the university nearly $600,000 in additional processing costs. In 2012, the university produced almost 18,000 individual paycheques, each costing an additional $21 to $90 to produce, whereas a direct deposit payment costs about 10 cents.

Those who have not yet registered can enter their direct deposit banking information through Bear Tracks or send a completed Electronic Banking/Direct Deposit form directly to Payroll Operations before July 1.

There are three ways to enrol in direct deposit:

Sign in to your Bear Tracks account with your CCID and password and navigate to Direct Deposit under the Employees menu.

Complete the Electronic Banking/Direct Deposit form and send it to or drop it off at
Payroll Operations, Human Resource Services, 2-60 University Terrace (8303 112 St.), Edmonton, AB T6G 2T4

Return your completed Electronic Banking/Direct Deposit form to your department contact and they will forward it to Payroll Operations.

If you require further assistance, please email Human Resource Services or call 780-492-4555.

Record number of Aboriginal grads at Augustana

A record number of Métis and First Nations students received their degrees and joined the University of Alberta's alumni family at Augustana's convocation ceremony June 2. Eight graduates declared their Aboriginal ancestry and most elected to participate in an honouring ceremony onstage to recognize and honour the students' academic accomplishments.

Augustana was privileged to have Wilton Littlechild, a member of the Ermineskin Cree Nation, onstage to perform the honouring ceremony. He had the opportunity to present an offering to his youngest daughter, who followed in her father's footsteps and earned an undergraduate degree majoring in physical education. An alumnus with three U of A degrees of his own, Chief Littlechild has the distinction of being the first Treaty First Nations person to acquire a U of A law degree. In 2007, he was bestowed an honorary doctor of laws degree by the U of A for his many outstanding achievements, including the passionate work he has done to advocate for the rights of indigenous peoples.

Changing how society thinks about seniors

Bev Betkowski

Senior citizens are a drain on Canada's health-care system. No longer productive, they take up too many precious resources. At least, that's the assumption about the elderly, but is it accurate?

"In fact, Canadian seniors make huge contributions in lots of different ways—to the economy, to their own families and communities, and to society," said Janet Fast, a professor in the Department of Human Ecology.

To dispel unfair myths about senior citizens, Fast is joining forces with the Seniors Association of Greater Edmonton (SAGE) to challenge assumptions society holds about older adults.

As part of her larger Research on Aging, Policies, and Practice program, Fast is working on a project in partnership with SAGE that included compiling a trio of fact sheets that raise awareness of seniors' contributions as caregivers, paid workers and volunteers. The sheets, designed to turn front-line workers, politicians and policy-makers into ambassadors for older adults, was shared with participants in a June 14 workshop organized by SAGE.

John Ulan

Janet Fast joined forces with a prominent Edmonton seniors' group to raise awareness about the contributions of seniors.

> "This is what the University of Alberta focuses on—dispelling myths and providing facts and details, and we want to share that so we are all better informed."
>
> Peter Faid

Nursing professor Donna Wilson was also on hand to discuss misconceptions about how seniors use health-care services.

The information, based on research by Fast, Wilson and other Canadian researchers, as well as data gleaned from Statistics Canada, government surveys and the National Seniors Council, brings out some points that "would surprise a lot of people," Fast said.

Among the facts are that older adults do an average of 233 hours of volunteer work and donate an average of $2,000 annually to charity. Older adults' unpaid caregiving is valued at $3.8 billion per year. Older adults spend four million hours providing unpaid child care each week. As well, 75,000 grandchildren live with their grandparents.

As for their productivity in the workforce, more than 500,000 older adults are employed, and labour force participation for people aged 65 to 69 has doubled in the last decade.

When it comes to health care, older adults are less likely to spend their last days in a hospital, and the oldest (aged 85 and up) are the least likely of all age groups to spend their last days of life in a hospital.

SAGE felt it was important to team with the U of A to get research findings out to the community about how seniors give to society, said Peter Faid, a member of the group's advocacy committee.

"This is what the University of Alberta focuses on—dispelling myths and providing facts and details, and we want to share that so we are all better informed. It is important for us to get this across to the public," Faid said.

"We need to discuss misconceptions and change our thinking about older people," he added.

Fast's partnership with SAGE will continue as future research focuses more closely on the role of seniors as caregivers. As well, she said, policy-makers and practitioners will be consulted about how best to support and encourage seniors to fully participate in society.

"They have so much to offer and are an untapped resource."

talks & events

Talks & Events listings do not accept submissions via fax, mail, email or phone. Please enter events you'd like to appear in folio and at www.news.ualberta.ca/events.
A more comprehensive list of events is available online at www.events.ualberta.ca. Deadline: noon one week prior to publication. Entries will be edited for style and length.

UNTIL JUNE 29

U of A Museums present SIZE MATTERS: Big Prints From Around the World. From miniature to monolithic, artists have been playing with scale for thousands of years. SIZE MATTERS features the work of contemporary printmakers—working in media as diverse as woodcuts and digital prints on fabric—from Canada, the United States, Finland, Japan and beyond, who all have one thing in common: they like to think big. Enterprise Square.

JUNE 19, 27

TLS Concept and Course Design Series. The Centre for Teaching and Learning is pleased to offer the TLS Concepts and Course Design Series throughout the year. Participants will develop an understanding of the principles of course design, enabling them to apply discussed concepts to their own teaching practice. Register at utsregistration.ualberta.ca.

JUNE 15

Get transported! Enjoy a trip back in time at the Reynolds-Alberta Museum as we explore the car culture of the "Fabulous Fifties" with interactive exhibits, a guided tour and an engaging lecture from a U of A professor. There is also time for you to explore the exhibits on your own. A hot lunch and transportation are included. Children 10 and up are welcome. $25 per person; $20 per person if you arrange for your own transportation. For more information, email katy.yachimec@ualberta.ca or call at 780-492-6530. 9 a.m.–3:30 p.m. Reynolds-Alberta Museum, Wetaskiwin.

JUNE 17

Why students don't complete required reading – and what you can do to help. Research shows that many students do not complete assigned course reading. Why not? We will explore student and faculty perspectives on required reading, and consider a variety of strategies you can use to promote reading in your courses. Register at utsregistration.ualberta.ca. 2 –3:30 p.m. TELUS Centre.

JUNE 19

Advanced Moodle – Communication, Collaboration, and Course Administration. This two-hour interactive session is designed for instructors, instructional designers, and other course administrators who would like to learn more about some of the advanced tools and activities in Moodle used for communication, collaboration and course administration. To register, go to utsregistration.ualberta.ca. 2–4 p.m. 331 CAB.

JUNE 20

Public Open House—Michener Park Family Student Housing Sector Planning. Join the U of A to review materials associated with sector planning for the Michener Park Family Student Housing project. University representatives will be on hand to answer questions about the project. Direct questions to Emily Ball at 780-492-4345 or by email at emily.ball@ualberta.ca. Information presented will be online at communityrelations.ualberta.ca the following day. 5:30–8:30 p.m. Malmo Elementary School (4716 115 Street).

JUNE 21

Alberta Aviation Museum Tour. The Educated Series presents Planes, Trains & Automobiles: Alberta Aviation Museum. Did you know that the Edmonton municipal airport was the busiest airport in the world in 1943? Rod Macleod ('62 BA), vice-president of the Alberta Aviation Museum Association, will discuss aviation in our city and the role many U of A alumni have played in its history. Then, get an inside look at how aircraft are brought back to life with Lech Lebiedowski ('03 BA, '05 MA, '11 PhD), the museum's head curator. Children 10 and up are welcome. 7 p.m. Alberta Aviation Museum. $7 per person. For more, contact katy.yachimec@ualberta.ca.

JUNE 25 & 26

Give, Grow, Play! Support Staff Learning Event. The lead-up to the conference includes opportunities to «Give» by participating in the Corporate Challenge blood drive, and a Habitat for Humanity build. The opportunities to «Grow» include sessions by keynote speaker Paul Wesselmann and 12 other concurrent sessions on a variety of topics including time management, bringing fun into the workplace and tips for using Google. The conference will wrap up with a chance to «Play» together, with a social event in quad from 4-7 p.m. June 26. Register at www.hrs.ualberta.ca/givegrowplay.

JUNE 25

ALES Summer Lunch Seminar. Henry An, a professor in the Department of Resource Economics and Environmental Sociology, will give a talk entitled Does Payment Type Affect Willingness-to-pay? Valuing New Seed Varieties in India, which showcases his ongoing research as part of the ALES India project centred on alleviating poverty and malnutrition in agro biodiversity hotspots. Noon–1 p.m. 550 General Services Building.

JUNE 26

WellnessRx: Sharing a Vision for a Healthy Alberta. This forum is designed to engage a broad range of stakeholders including health sciences faculty and students, researchers, teachers/educators, health practitioners, community organizations, health services, government and industry to dialogue and collaborate on developing and promoting nutrition and physical activity initiatives.10 a.m. Lister Conference Centre. To RSVP call 780-492-9743 or email avdagovs@ualberta.ca.

CCIS awarded LEED Silver

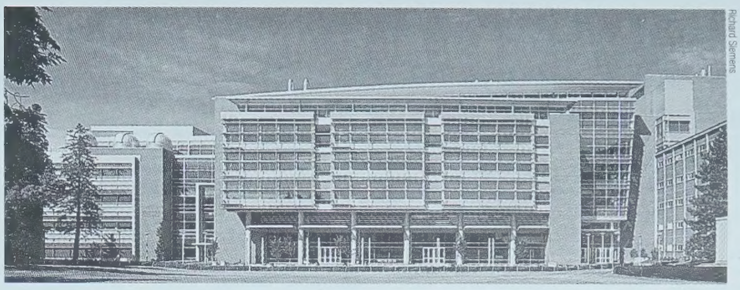
Kathleen Cameron

The Centennial Centre for Interdisciplinary Science has been awarded a Leadership in Energy and Environmental Design (LEED) Silver designation by the Canada Green Building Council. LEED is used to benchmark and recognize the design, construction and operation of high-performance green buildings.

Completed in the summer of 2011, CCIS sets the stage for collaborations by five research groups within the Faculty of Science, across campus and around the world. New lecture halls and teaching labs provide an unprecedented learning experience for students campus-wide.

"We are taking a holistic approach to planning buildings," said Ben Louie, university architect in Facilities and Operations. "By programming and designing people-friendly spaces that are sustainable and welcoming, using materials that are built to last and ensuring the best use of resources, we can ensure this building will be in use and enjoyed for a long time."

CCIS supports the U of A's goal of providing sustainable places to study, work and live through sustainable planning, design, construction, retrofits and operations—as set out in the university's sustainability plan.



Richard Siemens

The Centennial Centre for Interdisciplinary Science was recognized for its environmental sustainability.

"The university is committed to a culture of environmental stewardship," said Louie. "In order to do that, we need to lead by example. The success of CCIS is a great example of how this work is paying off."

The building is designed to bring natural light into the interiors, while reducing energy consumption. The design integrates multiple systems to enhance the user experience, including transparency, use of daylight, and passive thermal heating and cooling.

CCIS houses offices, classrooms, wet and dry labs, lecture theatres and gathering spaces. The design program required collaborative and integrated social spaces to facilitate conversation and exchange of information and ideas, and a programming model that sought to stimulate cross-discipline interchange.

"To facilitate the interdisciplinary nature of the building, we incorporated breakout spaces, social spaces and multi-functional spaces to encourage conversation and the mingling of students and researchers," said Louie. "I think the building accomplishes this goal through good architectural design."

The LEED Silver certification was awarded to the project for meeting or exceeding performance in five key areas of human and environmental health: sustainable site development, water efficiency, energy efficiency, materials selection and indoor environmental quality.

The building site itself was a sustainable choice because it is an infill site that uses existing services, such as utilities, access to transit and parking facilities. Other green features of the project include on-site bicycle storage with change rooms and showers for cyclists, low-flow fume hoods in labs, high-efficiency heat recovery, access to regional building materials, and a green housekeeping program.

Striving for sustainability

The U of A strives to be a leader in sustainability and aims to model sustainable practices wherever possible. The university is seeking certification related to environmental design and operations on a number of ongoing and recently completed building projects on campus:

- The Edmonton Clinic Health Academy is pursuing LEED Silver.
- The Medical Isotope and Cyclotron Facility is pursuing Four Green Globes.
- The Camrose Performing Arts Centre is pursuing Three Green Globes.
- The Innovation Centre for Engineering is pursuing LEED Gold.
- The Cooling Plant on Campus is pursuing LEED Silver.
- The Physical Activity and Wellness Centre is pursuing Four Green Globes.
- The 89 Avenue student residences are pursuing Four Green Globes.

For more information on sustainable practices on campus, please visit the Energy Management and Sustainable Operations web page.

Helping older adults choose the life they want

Bev Betkowski

For as long as Sarah Lucas can remember, older adults have graced her life. Growing up among many elderly aunts, uncles and grandparents, Lucas got to see how they embraced their lives, right to the end.

> "I went back to school to be able to do more and now I have huge opportunities for making a difference."
>
> Sarah Lucas

It's no surprise, then, that quality of life for older people grew into a personal passion for Lucas, who turned it into a master of science degree from the University of Alberta's Department of Human Ecology. And when she claimed her degree June 12, her 91-year-old grandfather and 70-year-old mother-in-law were on hand to help celebrate.

The active pair, along with others in her family, are her inspiration for a career devoted to seniors and to the field of gerontology.

"My grandpa and mother-in-law have lives we would all like to have," Lucas said. Her grandfather golfs, travels and keeps three homes; her husband's mother single-handedly raises alpacas on a farm that has been in the family for more than 100 years. But Lucas has also been haunted by the flip side of aging, watching her aunt, ill with cancer, become hospitalized and then have to push for her right to die with dignity.

"These are all people I wanted to work for."

After earning an undergraduate degree in psychology in Calgary, Lucas worked in long-term care as a recreation therapist, where her respect for seniors deepened.

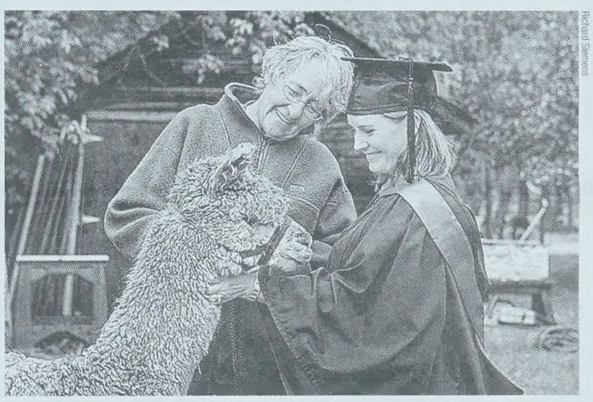
"They are honest, there is so much to learn from them and they are appreciative."

Lucas also began to learn about what was important to them—living with choice.

"There are a lot of needs and concerns to address about their quality of life. Why don't we have conversations now about what older adults want? There are a lot of ways that we as a society need to be proactive rather than reactive to issues of aging."

Wanting to build on her knowledge, Lucas enrolled at the U of A to do a master of science degree. She focused on informal caregiving by family and friends who find themselves tending to the needs of older people in their lives.

During her research, Lucas discovered a basic truth about what seniors want: "They want to stay in their homes as they age. So how do we work with people and their resources to do that?"



Richard Siemens

Using her new master's degree in human ecology, Sarah Lucas helps build government policy for seniors like her mother-in-law, Danny Lucas, an alpaca farmer.

Degree in hand, Lucas is now working for the Alberta government's continuing-care branch, looking at policy in home care, supportive living and long-term care for elderly and other vulnerable groups. As part of an "innovation" unit, she provides direction for grants given to front-line agencies, follows the resulting projects and then assesses them to inform policy on continuing care.

Lucas loves her behind-the-scenes work. "In the projects we support, the long-term benefit is what will improve the quality of life for older adults, and anything I can do in my work to make their lives better is important to me."

Earning what she considers a unique degree in aging from the U of A has empowered her to have real impact in her work, Lucas believes.

"It gives me a sphere of influence I didn't have with my undergraduate degree. I went back to school to be able to do more and now I have huge opportunities for making a difference."

classified ads

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laurels

The Board University Relations Committee, acting with delegated authority, approved the honorific renaming of the Kinsella Research Station to the **Roy Berg Kinsella Research Station**.

The Office of Advancement team is bringing home three awards after the CCAE Prix D'Excellence awards ceremony held June 8 in St. John's, N.L. **Scott Rollans** won gold in the category of best writing – English for "The Changing Face of the North," which appeared in *New Trail*. **John Ulan** and **Marcey Andrews** grabbed a silver in the best photograph competition for the photo that accompanied "The Changing Face of the North." The advancement team also took home a bronze in the category of best use of multimedia for the video ***Together We Can: The University of Alberta Case for Support***.

SPRING CONVOCATION

PHOTOS RICHARD SIEMENS & JOHN ULAN, MARKETING AND COMMUNICATIONS

THANKS FOR EVERYTHING

Hugs have been commonplace around campus lately as thousands of students finished the latest chapter in their story of lifelong learning.

Clockwise from top: Chemistry professor Margaret-Ann Armour gives and gets a hug June 11; some last-minute preparations; the stage awaits; another hug.